## **CLAIMS**

- An insert adapted to connect to opposite walls in a heat
  exchanger tube, said insert comprising a corrugated sheet having alternating wave crests and wave troughs connected by wave flanks having openings therein,
  wherein at least some of said wave crests have a length different than the length of said wave troughs.
- The insert of claim 1, wherein the length of said some wave
  crests is one of either at least twice or no more than one half the length of said wave troughs.
- 3. The insert of claim 1, wherein the waves of said corrugated sheet have a selected height.
- 4. A method of producing an insert according to claim 1, 2 comprising:

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- (a) transporting a sheet metal strip at a specific feed rate and specific advance through a deformation die on an eccentric press that operates with continuous stroke operation; and
- (b) selectively changing one of the feed rate and continuous stroke speed, wherein
  - (1) at a constant continuous stroke speed, the feed rate when reduced forms crest or trough lengths less than when the feed rate is increased, and
  - (2) at a constant continuous feed rate, the continuous stroke

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speed when reduced forms crest or trough lengths greater than when the continuous stroke speed is increased.

- The method of claim 4, further comprising interrupting
  continuous stroke operation during continuous feed of said metal strip to form a section having one of either no waves or a single long drawn-out wave.
- An insert adapted to connect to opposite walls in a heat
  exchanger tube, said insert comprising a corrugated sheet having alternating wave crests and wave troughs connected by wave flanks having openings therein, said
  insert having a first section having a first wavelength and a second section having a second wavelength, said first section being adjacent said second section and
  said first wavelength being is less than the second wavelength.
  - 7. The insert of claim 6, further comprising a third section having a third wavelength, said second section being between said first and third sections with said second wavelength being greater than said first and third wavelengths.
- 8. The insert of claim 7, further comprising a heat exchanger medium inlet opening in said first section and a heat exchanger medium outlet opening in said third section, wherein said first and third wavelengths are substantially the same.

		9.	A method of producing an insert according to claim 6,
2	comprising:		·
	(a)	trans	porting a sheet metal strip at a specific feed rate and specific
4		advai	nce through a deformation die on an eccentric press that
		operates with continuous stroke operation; and	
6	(b)	selec	tively changing one of the feed rate and continuous stroke
		speed	d, wherein
8		(1)	at a constant continuous stroke speed, the feed rate when
			reduced forms said first section and said feed rate when
0			increased forms said second section, and
		(2)	at a constant continuous feed rate, the continuous stroke
12			speed when reduced forms said second section and said
			continuous stroke speed when increased forms said second
14			section.

The method of claim 9, further comprising interrupting
 continuous stroke operation during continuous feed of said metal strip to form a section having one of either no waves or a single long drawn-out wave.